

WHAT IS CLAIMED IS:

1. A sole construction, comprising:
 - a resilient layer of stretchable material having a first side and a second side;
 - 5 at least one thruster provided on the first side of the layer;
 - at least one chamber provided on the second side of the layer adapted to receive a corresponding one of the at least one thruster; and
 - a wall at least partially surrounding the resilient layer to prevent horizontal displacement of the layer when the thruster is compressed against the
 - 10 layer into the chamber.